# How to Talk with Kids About Race and Equity

## Understanding and Confronting Anti-Asian Bias

- **Challenging Anti-Asian Bias and Acting as an Ally** (Anti-Defamation League)
- **How to Respond to Coronavirus Racism** (Teaching for Justice)
- **Lesson of the Day: A Rise in Attacks on Asian-Americans** (NYT, 3/2/2021) *
- **Lesson of the Day: ‘The Growing Power of Asian-Americans in Georgia Now Comes With Fear’** (NYT, 3/19/2021) *
- **Self-Care Tips For Asian Americans Dealing With Racism Amid Coronavirus** (4/2/2020)
- On-street Interviews - **Asian Americans on Facing Racism During COVID-19** (10/6/2020)*

*Disclaimer: some viewers may find images and video clips disturbing.

## Resources for Parents

- **The ABC’s of Racial Literacy (Sesame Workshop)**
- **How One Book Helps BIPOC Parents Talk To Their Kids About Race**
- **How to Talk About Traumatic Events and Tragedies**
- **RESilience: Uplifting Youth Through Healthy Communication About Race**
- **How to Talk to Kids about Race and Racism**
- **Beyond the Golden Rule: A Parent’s Guide to Preventing and Responding to Prejudice**
- **NPR - Raising White Kids’ Author on How White Parents Can Talk about Race**
- **Your Kids Aren’t Too Young To Talk About Race: Resource Roundup**
- **How to Talk to Your Children about Protests and Racism**
### Books

- **14 Antiracist Books for Kids and Teens Recommended by BIPOC Teachers and Librarians** - New York Times
- **2018 Ultimate List of Diverse Children’s Books** - Hereweeread
- **Coretta Scott King Book Award Winners** - Barnes and Noble
- **31 Children’s Book To Support Conversations on Race, Racism, and Resistance** - embracerace

### Race and Equity Resources

- **Race and Equity Resources** - American School Counselor Association
- **Talking About Race** - National Museum of African American History and Culture

### BIPOC Mental Health Services

- **Steve Fund crisis text line for people of color**: Text STEVE to 741741
- **Therapy for Black girls**
- **Therapy for Black men**
- **Black Mental Health Alliance**
- **Latinx therapist database**
- **Asians do therapy**
- **National Asian American Pacific Islander Mental Health Association**
- **Inclusive therapists**
- **National Queer and Trans therapists of color network**